



# CEC

COMMUNITY & ENRICHMENT CENTER  
WEEKLY NEWSLETTER  
SEPTEMBER 24, 2021

## FALL HOME AND GARDEN WINTER PREP CHECKLIST

This season's checklist of home and garden to-dos to get you ready for winter. Yep, it's just around the corner!

## RECIPE: SPICED SWEET POTATO AND CARROT SOUP

With just a few ingredients you can have this delicious, warmly spiced soup perfect for fall.

## ONLINE CLASS: MORNING STRETCH

Stretching and breathing exercises have shown to reduce anxiety and stress. This daily class will guide you through 30 minutes of simple stretches and breathing meditations to help you start your day with a sense of calm.

## WHAT'S HAPPENING?

Find out what's happening at the CEC. Plus the September and October Meet and Eat Schedule

# Fall To Do List

## Outdoor



Sprinkler blowout



Coil and put away hoses

Insulate faucets

Harvest remainder of garden produce



Clean and prep garden beds

Winterize animal habitats



Inspect and repair shelters

Predator proof everything

Clean buildings

Clean and cover a/c units



Remove and store outdoor decor





# Fall To Do List

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## Indoor



Replace furnace filters



Clean vents

Move furniture off of any vents

Remove and clean summer bedding



Bring out blankets, throws and rugs

Reverse ceiling fans



Make a list of winter wear needs

Check fire alarm batteries

Inspect CO2 detectors

Have winter preparedness kit ready



Fireplace - inspect and clean chimney



# *Spiced Sweet Potato and Carrot Soup*

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## Ingredients

- 1 tbsp olive oil
- 1 medium yellow onion finely chopped
- 3 large cloves of garlic minced
- 1 thumb-size piece of fresh ginger peeled then finely grated
- 1 heaped tsp cumin
- ½ tsp garam masala
- ½ tsp paprika
- 1 large sweet potato peeled then cut into similar sized chunks
- 4 large carrots peeled then roughly chopped
- 2 cups vegetable stock
- ¼ tsp salt + more for serving
- ¼ tsp freshly cracked black pepper + more for serving

## Directions

1. Heat the oil in a large saucepan. Add the onion and cook over medium heat for about 15 minutes, stirring every now and again. The onion should be translucent and springy but not brown.
2. Add the spices, ginger and garlic and cook for a minute until they release their aromas. Then add the carrots to the pan and cook for about 5 minutes, stirring often.
3. Now add the sweet potato to the pan along with the stock, salt and black pepper, stir well then leave to simmer over a low to medium heat for about 20 minutes.
4. Once the sweet potato and carrots are tender blitz the soup with a handheld blender until smooth. Check the seasoning then serve.



# MORNING STRETCH



## Date & Time

Wed September 29 | 8:00am–8:30am MDT

## Location

Online

## Description

Stretching and breathing exercises have shown to reduce anxiety and stress. This daily class will guide you through 30 minutes of simple stretches and breathing meditations to help you start your day with a sense of calm. We start promptly so please try to join at least five minutes early, if possible!

This class is offered Monday through Friday as part of our Team Senior Planet program.

Click or tap to join this class by Zoom:

<https://seniorplanet.zoom.us/j/170361931>

Meeting ID: 170 361 931

OR

Call in with a phone:

1-646-558-8656

Meeting ID: 170 361 931

# WHAT'S HAPPENING?



## HISTORY WALK

Please join the City Of Yuma's Historic Preservation Commission on Friday October 1st at 5:30pm for the rescheduled historic walking tour.

## MEET AND EAT

Our community based meal site offers meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.



## TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

## YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

[yuma.colibraries.org](http://yuma.colibraries.org)



## HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.



# MEET AND EAT SEPTEMBER 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

## Contact Information:



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Office 970-848-2277

SEPTEMBER 2021 YUMA MEAL SITE				
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 7:30 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu may change due to availability of food items or conditions that cause the kitchen to close.  Suggested Donation - \$4.00  Under Age 60 Mandatory Charge - \$12.50	For Reservations Call 848-2038 by 7:30 a.m. the day you want the meal.  If you must cancel your meal, please do so by 7:30 a.m. the day of the meal.	SAVORY BAKED CHICKEN MASHED POTATOES W/ GRAVY GREEN BEANS W/ TOMATOES WW ROLL STRAWBERRIES & BANANAS NATURE COOKIE  SENIOR MEETING 12:00 Calories: 782 Carb: 100.3g Fib: 10.2g Protein: 44.1g Fat: 25.0g Sod: 1244mg	<b>CHOICE: CHICKEN SALAD</b> TUNA SALAD 3 BEAN SALAD FRENCH BREAD PEAR ORANGE FRUIT CUP CARROT CAKE  Calories: 610 Carb: 97.5g Fib: 11.0g Protein: 29.3g Fat: 13.8g Sod: 881mg	SOUTHERN BEEF PIE BEETS CABBAGE TOSS PEAR SLICES BROWNIES  Calories: 626 Carb: 86.7g Fib: 9.5g Protein: 30.0g Fat: 20.7g Sod: 485mg
 <b>Happy Labor Day</b>	TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD W/ DRESSING FRUIT SALAD  BIRTHDAY RECOGNITION Calories: 631 Carb: 84.8g Fib: 10.3g Protein: 35.7g Fat: 17.6g Sod: 1026mg	<b>CHOICE: HAMBURGER STEAK</b> OVEN FRIED LIVER PARSLIED POTATOES BRAISED CELERY & TOMATOES WW ROLL APPLESAUCE  Calories: 645 Carb: 91.9g Fib: 10.6g Protein: 33.6g Fat: 17.9g Sod: 525mg	BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD FRUIT COCKTAIL APPLE GRANOLA COOKIE  Calories: 757 Carb: 110.1g Fib: 12.5g Protein: 34.6g Fat: 23.3g Sod: 900mg	CHICKEN CROISSANT TUSCANY SOUP SPINACH CAULIFLOWER SALAD PINEAPPLE TIDBITS  Calories: 760 Carb: 105.6g Fib: 10.2g Protein: 38.9g Fat: 22.7g Sod: 902mg
	SPAGHETTI W/ MEAT SAUCE MARINATED VEGGIE SALAD GARLIC BREAD PLUMS COOKIE W/ CHOCOLATE CHIPS  Calories: 693 Carb: 94.2g Fib: 11.3g Protein: 33.6g Fat: 23.8g Sod: 586mg	<b>CHOICE: HAMBURGER ON A BUN</b> SEAFOOD BURGER ON A BUN LETTUCE/TOMATO/ONION BAKED POTATO CALIFORNIA VEGETABLES MANDARIN ORANGES W/ BANANAS  Calories: 672 Carb: 107.6g Fib: 11.7g Protein: 33.0g Fat: 15.7g Sod: 620mg	BEEF O'LE REFRIED BEANS MEXICALI CORN PEAR ORANGE FRUIT CUP CINNAMON CRISPIES  Calories: 742 Carb: 108.8g Fib: 14.2g Protein: 37.7g Fat: 20.6g Sod: 585mg	POT ROAST POT ROAST VEGETABLES ANNA'S DILLY BREAD FRUIT CUP NATRUE COOKIE  Calories: 683 Carb: 108.6g Fib: 10.4g Protein: 34.3g Fat: 15.0g Sod: 408mg
SALISBURY STEAK BAKED POTATO LAYERED SALAD OATMEAL ROLL FRUIT CUP  Calories: 768 Carb: 91.5g Fib: 9.5g Protein: 45.3g Fat: 26.1g Sod: 667mg	TAHITIAN CHICKEN BROWN RICE BROCCOLI RAISIN ROLL CANTALOUPE CUBES NATURE COOKIE  Calories: 797 Carb: 98.0g Fib: 9.7g Protein: 45.9g Fat: 26.8g Sod: 449mg	SWEDISH MEATBALLS MASHED POTATOES JEANNIE'S SALAD WW ROLL BANANA SPLIT FRUIT CUP  Calories: 694 Carb: 98.3g Fib: 9.7g Protein: 33.4g Fat: 21.6g Sod: 646mg	ROAST PORK MASHED POTATOES W/ GRAVY CONFETTI COLESLAW GREEN BEANS ALMONDINE WW ROLL APRICOT HALVES BUTTERSCOTCH BROWNIE  Calories: 844 Carb: 116.0g Fib: 10.1g Protein: 35.1g Fat: 29.3g Sod: 1259mg	<b>CHOICE: CHICKEN PENNE CASSEROLE</b> TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN MANDARIN ORANGES W/ BANANAS  Calories: 601 Carb: 99.2g Fib: 11.5g Protein: 30.2g Fat: 13.1g Sod: 627mg
HAMBURGER ON A BUN BAKED BEANS CALIFORNIA VEGETABLES LETTUCE/TOMATO/ONION DILL PICKLE CHIPS PEAR SLICES  Calories: 685 Carb: 83.9g Fib: 12.5g Protein: 44.9g Fat: 21.5g Sod: 795mg	LASAGNA TOSSED SALAD W/ DRESSING PEAS GARLIC BREAD APPLESAUCE  Calories: 611 Carb: 84.7g Fib: 12.3g Protein: 35.1g Fat: 17.3g Sod: 528mg	<b>CHOICE: HAMBURGER STEAK</b> BAKED FISH HERBED LENTILS AND RICE GREEN BEANS BRAN MUFFIN PEACH SLICES CINNAMON CRISPIES  Calories: 640 Carb: 96.8g Fib: 10.4g Protein: 32.3g Fat: 16.7g Sod: 1018mg	PENNE & CHEESE APPLE CARROT RAISIN SALAD BRUSSEL SPROUTS WW ROLL FRUIT SALAD  Calories: 716 Carb: 98.9g Fib: 12.3g Protein: 31.7g Fat: 25.5g Sod: 716mg	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.


# MEET AND EAT OCTOBER 2021

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## Contact Information:



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OCTOBER 2021 YUMA MEAL SITE				
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 7:30 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 848-2038 by 7:30 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 7:30 a.m. the day of the meal.</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> <p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>		 <p>Happy Halloween</p>	<p>SCALLOPED POTATOES &amp; HAM WINTER MIX VEGETABLES CARAWAY ROLL TROPICAL FRUIT CUP OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 721 Carb: 96.5g Fiber: 9.6g Protein: 32.8g Fat: 24.5g Sod: 1001mg</p>
<p>CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD COUNTY MIX VEGETABLES ONION ROLL PINEAPPLE TIDBITS</p> <p>Calories: 677 Carb: 88.8g Fiber: 10.9g Protein: 37.0g Fat: 21.7g Sod: 573mg</p>	<p>4</p> <p>CORN TACO CASSEROLE REFRIED BEANS TOSSED GREEN SALAD w/ DRESSING FRUIT CUP</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 664 Carb: 89.9g Fiber: 13.2g Protein: 35.8g Fat: 20.0g Sod: 763mg</p>	<p>5</p> <p>SPRING GARDEN CHICKEN CALIFORNIA VEGETABLES ANNA'S DILLY BREAK BANANA SPLIT FRUIT CUP</p> <p>SENIOR MEETING ~ 12:00</p> <p>Calories: 667 Carb: 80.4g Fiber: 9.9g Protein: 44.7g Fat: 20.6g Sod: 742mg</p>	<p>6</p> <p>HAM &amp; BEANS WALDORF SALAD CORN MUFFIN MANDARIN ORANGE w/ BANANAS APPLE GRANOLA COOKIES</p> <p>Calories: 795 Carb: 123.3g Fiber: 14.9g Protein: 30.8g Fat: 22.9g Sod: 1077mg</p>	<p>7</p> <p>ROAST BEEF MASHED POTATOES w/ GRAVY PEAS &amp; CARROTS OATMEAL ROLLS PEAR ORANGE FRUIT CUP BUTTERSCOTCH BROWIES</p> <p>Calories: 732 Carb: 107.3g Fiber: 10.3g Protein: 33.9g Fat: 20.9g Sod: 757mg</p>
<p>CHICKEN NOODLE SOUP CRACKERS PEAS BLUEBERRY MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE DARK BROWNIE</p> <p>Calories: 706 Carb: 101.4g Fiber: 11.9g Protein: 40.0g Fat: 17.9g Sod: 423mg</p>	<p>11</p> <p>BRAISED BEEF MASHED POTATOES HARVARD BEETS ROLLS CINNAMON APPLE SLICES OATMEAL RAISIN COOKIES</p> <p>Calories: 660 Carb: 104.5g Fiber: 10.6g Protein: 28.0g Fat: 16.8g Sod: 867mg</p>	<p>12</p> <p>SWEET &amp; SOUR PORK RICE SPINACH CAULIFLOWER SALAD WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 712 Carb: 106.9g Fiber: 9.9g Protein: 32.0g Fat: 19.1g Sod: 481mg</p>	<p>13</p> <p>BAKED FISH BAKED POTATO CAROLINA SALAD ANNA'S DILLY BREAD SLICED BANANAS</p> <p>Calories: 638 Carb: 106.1g Fiber: 9.7g Protein: 29.8g Fat: 13.5g Sod: 907mg</p>	<p>14</p> <p>SALISBURY STEAK MASHED POTATOES PEAS &amp; CARROTS ONION ROLL PEAR SLICES ORANGE JUICE</p> <p>Calories: 745 Carb: 95.3g Fiber: 10.1g Protein: 43.6g Fat: 22.9g Sod: 739mg</p>
<p>18</p> <p>BEEF STROGANOFF w/ NOODLES LAYERED SALAD WINTER MIX VEGETABLES WW ROLL FRUIT CUP</p> <p>Calories: 640 Carb: 88.2g Fiber: 10.5g Protein: 37.1g Fat: 17.7g Sod: 714mg</p>	<p>SPAGHETTI w/ MEATSAUCE TOSSED GREEN SALAD w/ DRESSING GARLIC BREAD CINNAMON APPLE SLICES</p> <p>Calories: 610 Carb: 89.0g Fiber: 11.6g Protein: 30.3g Fat: 18.0g Sod: 413mg</p>	<p>19</p> <p>BRUNSWICK STEW GREEN BEANS w/ TOMATOES ONION ROLL WINTER FRUIT CUP OATMEAL NUT COOKIE</p> <p>Calories: 672 Carb: 80.8g Fiber: 9.9g Protein: 36.9g Fat: 24.4g Sod: 620mg</p>	<p>20</p> <p>SWISS STEAK BAKED POTATO ITALIAN VEGETABLES BRAN MUFFIN SLICED BANANAS</p> <p>Calories: 723 Carb: 95.5g Fiber: 12.9g Protein: 41.5g Fat: 22.2g Sod: 528mg</p>	<p>21</p> <p>TUNA PENNE CASSEROLE CABBAGE TOSS BRAN MUFFIN APRICOT HALVES CINNAMON CRISPIES GRAPE JUICE</p> <p>Calories: 752 Carb: 118.9g Fiber: 11.6g Protein: 31.4g Fat: 20.6g Sod: 665mg</p>
<p>25</p> <p>SWEDISH MEATBALLS MASHED POTATOES STIR FRY VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 645 Carb: 97.3g Fiber: 11.5g Protein: 33.4g Fat: 15.9g Sod: 663mg</p>	<p>BARBECUE CHICKEN BROCCOLI POTATO SALAD BRAN MUFFIN TROPICAL FRUIT CUP</p> <p>Calories: 700 Carb: 90.9g Fiber: 10.7g Protein: 41.9g Fat: 21.5g Sod: 1160mg</p>	<p>26</p> <p>SMOTHERED PORK CHOP OVEN BROWNED POTATOES GREEN BEANS w/ CORN ONION ROLL MANDARIN ORANGES &amp; BANANAS OATMEAL NUT COOKIE</p> <p>Calories: 815 Carb: 107.1g Fiber: 9.7g Protein: 39.9g Fat: 27.7g Sod: 620mg</p>	<p>27</p> <p>TUNA CROISSANT POTATO SOUP SUPREME CARROT RAISIN SALAD APRICOT HALVES</p> <p>Calories: 777 Carb: 125.5g Fiber: 11.2g Protein: 36.3g Fat: 18.1g Sod: 981mg</p>	<p>28</p> <p>CABBAGE BURGERS BROCCOLI SALAD OREGON BERRY COMPOTE APPLE GRANOLA COOKIE</p> <p>Calories: 650 Carb: 89.7g Fiber: 11.5g Protein: 29.3g Fat: 21.5g Sod: 534mg</p>